



Family Member Behavioral Health (FMBH) Groups

To register, please call (910) 907-7869

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POST PARTUM EMPOWERMENT GROUP

0900 – 1030, Wednesdays
FMBH @ WHSC

Providing treatment and support for women experiencing depressive symptoms before or after childbirth.

COUPLES CONFLICT RESOLUTION GROUPS

1500 – 1630, Mondays
1300 – 1430, Wednesdays
FMBH @ WHSC

0900 – 1030, Thursdays
CAFBS @ Byars Health Clinic

A one-time, 1 ½ hour session offered by FMBH for couples who could benefit from learning new skills to help them resolve their conflicts.

ANGER MANAGEMENT GROUPS

1000 – 1130, Mondays
1030 – Noon, Wednesdays
FMBH @ Clark Health Clinic

1300 – 1430, Tuesdays
FMBH @ WHSC

1400 – 1530, Wednesdays
FMBH @ Joel Health Clinic

Teaches ways to appropriately manage anger and consciously refrain from using violence.

OPERATION ENDURING RELATIONSHIP:

A Therapeutic Group for the Enhancement of Couple's Communication

1430 – 1600, Thursdays
CAFBS @ Byars Health Clinic

This group is designed for couples who desire to improve effective communication skills.

STRESS MANAGEMENT GROUP

1000 – 1130, Wednesdays
FMBH @ WHSC

This group helps participants identify current stressors, examine the impact of stress and develop practical stress management techniques and strategies.

THE IMPACT OF DOMESTIC VIOLENCE ON CHILDREN GROUP

10:00 – 11:30, Thursday
FMBH @ Joel Health Clinic

Psycho-educational group for parents that have participated in domestic violence.

S.T.A.N.D.

1500 – 1630, Thursdays
FMBH @ WHSC

A psycho-educational /support group for individuals who have been involved in domestic violence or feel that they are in an abusive relationship.

TAKING POINT: A therapeutic group for men who have experienced intimate partner abuse

1430 – 1600, Thursdays
FMBH @ Clark Health Clinic

Goal: To provide a comfortable and supportive environment whereby participants can grow in understanding of the cycle of abuse and become aware of life patterns while learning techniques for moving toward resiliency.

MARCHING TO CHANGE TREATMENT PROGRAM

Introduction Group: 1300-1430, Mondays

Thereafter, groups meet on
1500-1630, Tuesdays
FMBH @ WHSC

Assists and supports Soldiers and adult Family Members to manage anger and stress, making necessary changes in themselves and in their relationships to promote nonviolence.